



Food Sources of Iron



Meat and Meat Alternates	Bread and Bread Alternates	Vegetables
Beef Chicken Clams Egg Mackerel Meat in General, especially Liver and other Organ Meats Mussels Oysters Peanut Butter Shellfish Soybeans Trout Turkey Tuna	Bagel, Plain, Pumper- nickel or Whole wheat Cereals, Ready to Eat, Enriched Farina Muffin, Bran Noodles, Cooked Oatmeal, Instant, Fortified Pita Bread, Plain or Whole Wheat Pretzels, Soft Rice, White, Regular and Brown Rice White Flour Tortilla	Spinach Lima Beans
		Fruits
		Apricots (Canned) Raisins
		Dried Beans, Peas & Legumes
		Black Beans Black-eyed Peas Kidney Beans Lentils Pinto Beans White Beans
	Please note: All bread and bread alternates must be made with enriched or whole grains.	



Food Sources of Vitamin A



Vegetables	Fruits	Other
Beet Greens	Apricots	Liver
Bok Choy	Canned Plums, Purple	Mackerel, Canned
Broccoli	Cantaloupe	Oatmeal, Instant, Fortified
Carrots	Cherries, red, fresh	Ready to Eat, Fortified
Chard	Mandarin Orange Sections	Cereals
Collards	Mango	Milk, Fortified with Vitamin A
Kale	Melon Balls (includes Honey Dew)	
Mustard Greens	Nectarines	
Peas and Carrots	Papaya	
Pepper, Sweet, Red	Peaches	
Plantain, Green or Ripe, Boiled	Watermelon	
Pumpkin		
Romaine Lettuce		
Spinach		
Squash, Winter		
Sweet Potatoes		
Tomatoes		
Tomato Juice, Paste or Puree		
Turnip Greens		
Vegetable Juice		



Food Sources of Vitamin C



Vegetables	Fruits	Other
Asparagus	Apples	Liver
Bean Sprouts	Apple Juice	Clams
Bok Choy	Banana	Mussels
Broccoli	Blackberries	
Brussel Sprouts	Blueberries	
Cabbage	Cantaloupe	
Cauliflower	Grapefruit	
Chard	Grapefruit Juice	
Collards	Grape Juice	
Kale	Honeydew Melon	
Kohlrabi	Kiwi	
Lima Beans	Mandarin Oranges	
Mustard Greens	Mango	
Okra	Oranges	
Onion,	Orange Juice	
Parsnips	Nectarines	
Peas	Papaya	
Peppers, Sweet	Peaches	
Plantain, Green or	Pears	
Ripe, Boiled	Pineapple	
Poke Greens	Pineapple Juice	
Potatoes, White	Plums	
Pumpkin	Pomegranates	
Radishes	Raspberries	
Romaine Lettuce	Strawberries	
Rutabagas	Tangelos	
Snow Peas	Tangerines	
Spinach	Watermelon	
Squash, Summer &		
Winter		
Sweet Potatoes		
Tomatoes		
Tomato Juice		
Turnips		
Turnip Greens		